

# **abraham hicks guided meditation**

## **Abraham-Hicks Guided Meditation: A Journey into Vibrational Alignment**

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### **Introduction:**

Abraham-Hicks guided meditations are powerful tools for aligning your thoughts, feelings, and actions with your desires. Based on the teachings of Esther Hicks, who channels the collective consciousness known as Abraham, these meditations leverage the principles of the Law of Attraction to help you manifest your ideal life. This article explores various methodologies and approaches within Abraham-Hicks guided meditation, providing a comprehensive guide for those seeking to harness its transformative power. Understanding the nuances of Abraham-Hicks guided meditation is key to experiencing its full benefits.

## **Understanding the Core Principles of Abraham-Hicks Guided Meditation:**

Before delving into specific methodologies, it's crucial to grasp the fundamental principles underpinning Abraham-Hicks guided meditations. These meditations are built on the belief that our thoughts and feelings create our reality. By focusing on positive emotions and aligning our vibrations with what we desire, we can attract more of it into our lives. This is achieved through a process of:

Focusing on the feeling of what you want: Abraham-Hicks emphasizes that the key is not just thinking about what you want, but feeling the emotions associated with already having it. This feeling is what attracts similar

vibrations.

**Appreciating what you already have:** Gratitude plays a vital role in raising your vibration and attracting more positive experiences. Abraham-Hicks guided meditations often incorporate gratitude exercises.

**Releasing limiting beliefs:** Negative beliefs and doubts can block the flow of abundance. These meditations help you identify and release these limiting beliefs, making way for positive manifestations.

**Connecting with your inner wisdom:** Abraham-Hicks guided meditations encourage you to tap into your intuition and inner guidance, trusting the wisdom within you.

## **Different Methodologies in Abraham-Hicks Guided Meditation:**

Several approaches are utilized within Abraham-Hicks guided meditation, each catering to different needs and preferences. These include:

1. **Affirmation-Based Abraham-Hicks Guided Meditations:** These meditations employ positive affirmations to reprogram your subconscious mind. Repeating affirmations related to your desires, while feeling the emotions associated with them, helps you align your vibration with your goals. For example, an Abraham-Hicks guided meditation for attracting abundance might involve repeating affirmations like, "I am effortlessly attracting wealth and prosperity into my life," while visualizing and feeling the joy and freedom that abundance brings.
1. **Visualization-Based Abraham-Hicks Guided Meditations:** This approach utilizes vivid imagery to create a powerful experience of already possessing what you desire. By visualizing yourself living the life you want, you create a strong vibrational match and attract it into your reality. An Abraham-Hicks guided meditation for improved health might guide you to visualize your body in perfect health and vitality, feeling the energy and strength coursing through you.
1. **Gratitude-Based Abraham-Hicks Guided Meditations:** Focusing on gratitude elevates your vibrational frequency, making you a magnet for more positive experiences. These meditations involve expressing gratitude for all the good things in your life, both big and small, fostering a feeling of appreciation and abundance. An Abraham-Hicks guided meditation for enhancing relationships might guide you to express gratitude for the specific qualities you appreciate in your loved ones.
1. **Script-Based Abraham-Hicks Guided Meditations:** Many readily available Abraham-Hicks guided meditation scripts online guide you through a specific process, combining affirmation, visualization, and gratitude techniques. These scripts offer a structured approach, making it easy for beginners to engage with this practice. Finding a script that resonates with your specific needs and desires is crucial.

1. Self-Guided Abraham-Hicks Meditation: Once familiar with the principles, you can create your own self-guided Abraham-Hicks meditation. This empowers you to personalize the process and focus on specific areas of your life that require attention. The key is to maintain the focus on feeling good and connecting with the energy of your desires.

## **Finding the Right Abraham-Hicks Guided Meditation for You:**

The effectiveness of Abraham-Hicks guided meditation relies heavily on finding a method that resonates with your personal preferences and learning style. Experiment with different approaches, exploring affirmation-based, visualization-based, gratitude-based, or script-based meditations to discover what works best for you. Consider your learning style and whether you prefer a guided voice or a more independent practice.

## **Beyond the Meditation: Integrating Abraham-Hicks Principles into Daily Life:**

The benefits of Abraham-Hicks guided meditation are amplified when integrated into your daily life. This includes practicing gratitude consistently, focusing on positive thoughts and feelings, and actively working towards your goals. Regular practice, coupled with consistent application of the principles in your daily interactions, will lead to a more profound transformation.

### **Conclusion:**

Abraham-Hicks guided meditation offers a powerful pathway to personal growth and manifestation. By understanding its core principles and experimenting with various methodologies, you can harness its transformative potential to create a life aligned with your desires. Remember that consistency and a positive mindset are key to experiencing the full benefits of this powerful practice. Embrace the journey and allow yourself to be guided by the wisdom of Abraham.

### **FAQs:**

1. How often should I practice Abraham-Hicks guided meditation? Ideally, aim for daily practice, even if it's just for a few minutes. Consistency is key to experiencing significant results.
1. Can I use Abraham-Hicks guided meditation for specific goals? Yes, you can tailor your meditation to focus on specific areas of your life, such as relationships, finances, health, or career.

1. What if I struggle to feel the emotions associated with my desires? Start by focusing on small, achievable goals where it's easier to access the desired emotions. Gradually work your way up to larger goals.
  
1. Is Abraham-Hicks guided meditation compatible with other spiritual practices? Yes, it can complement other practices such as yoga, mindfulness, or energy healing.
  
1. Are there any potential downsides to using Abraham-Hicks guided meditation? Some individuals may find the focus on positive thinking challenging, especially if they are grappling with significant negative emotions.
  
1. How long does it take to see results from Abraham-Hicks guided meditation? The timeframe varies depending on individual circumstances and consistency of practice. Some people experience results quickly, while others may take longer.
  
1. What if I don't believe in the Law of Attraction? The effectiveness of Abraham-Hicks guided meditation is not dependent on belief. The process works on a vibrational level, regardless of your conscious beliefs.
  
1. Where can I find Abraham-Hicks guided meditation scripts? Numerous websites and apps offer free and paid Abraham-Hicks guided meditation scripts. You can also create your own.
  
1. Can I use Abraham-Hicks guided meditation to help others? You can certainly use the principles learned from Abraham-Hicks guided meditation to assist others, but it is vital to respect their free will and not impose your desires on them.

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1. "Abraham-Hicks Guided Meditation for Abundance: Unlocking Financial Freedom": This article focuses specifically on using Abraham-Hicks guided meditation techniques to attract financial abundance and prosperity.

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1. "The Role of Gratitude in Abraham-Hicks Guided Meditation: Amplifying Your Manifestation Power": This article highlights the importance of gratitude in enhancing the effectiveness of Abraham-Hicks techniques.
1. "Combining Abraham-Hicks Guided Meditation with Other Self-Improvement Practices": This article explores the synergistic benefits of combining Abraham-Hicks methods with other self-improvement techniques.

**abraham hicks guided meditation: Getting into the Vortex** Esther Hicks, Jerry Hicks,  
2020-07-21 Now available with a free audio download, Getting into the Vortex by Esther and Jerry Hicks will change readers' lives by teaching them how to align themselves with the Source that

exists within all of us. Living a better-feeling life really comes down to one thing only: coming into alignment with the Energy of our Source. Abraham reminds us that we are truly Source Energy focused on our physical bodies and that a conscious Connection to that Broader Non-Physical part of us is necessary if we are to be the joyful Beings that we were born to be. Abraham calls that wonderful alignment Getting into the Vortex. Through a series of Leading Edge books (New York Times bestsellers), Abraham has emphasized the importance of our conscious alignment with the Source within us. They have let us know that our natural state of Being is inside our Vortex of Creation in complete alignment with Source Energy-and that every aspect of our physical experience reflects our alignment with or resistance to, that Connection. Everything-from the physical well-being of our bodies, the clarity of our minds, and the abundance we allow to flow, to the satisfaction in every relationship we experience-is impacted by our all-important relationship with our Vortex. Abraham has helped us to understand that our dominant intent in every day is to get into the Vortex! And now, they have lovingly and specifically guided Jerry and Esther Hicks in the creation of an innovative and valuable tool that promises to get us into the Vortex right now . . . and that tool is included with the Getting into the Vortex User Guide in the form of a 70-minute audio download. This unique recording contains four powerfully guided daily meditations that have been designed to get you into the Vortex of Creation in four basic areas of your life: General Well-Being, Financial Well-Being, Physical Well-Being, and Relationships. Jerry and Esther are thrilled to offer this powerful, first-of-its-kind, musically scored, breath-enhancing, a user-friendly tool from Abraham that will get you into the Vortex.

**abraham hicks guided meditation: Getting Into the Vortex** Esther Hicks, Jerry Hicks, Abraham (Spirit), 2010 Provides guided meditations to help you come into alignment with the energy of your Source, and thus become a joyful Being.

**abraham hicks guided meditation: The Vortex** Esther Hicks, Jerry Hicks, 2009-09-01 AN INTERNATIONAL SENSATION FROM #1 NEW YORK TIMES BEST-SELLING AUTHORS OF THE LAW OF ATTRACTION, ESTHER AND JERRY HICKS A POWERFUL RELATIONSHIP BOOK TO UNDERSTAND EVERY RELATIONSHIP YOU HAVE EVER EXPERIENCED - FEATURING THE TEACHINGS OF ABRAHAM - INCLUDES A BONUS CD ON THE LAW OF ATTRACTION This motivational book uncovers a myriad of false premises that are at the heart of every uncomfortable relationship issue, and explain sthe powerful creative Vortex that has already assembled the relationships that you have desired. Abraham will show you how to enter that Vortex, where you will rendezvous with everything and everyone you have been looking for. Abraham says: "It is our desire to help you to solve the mystery of those seemingly impossible relationships; to sort out the details of joyously sharing your planet with billions of others; to rediscover the beauty of your differences; and, most of all, to reestablish the most important relationship of all: your relationship with the Eternal, Non-Physical Source that is really you. Sections of The Vortex Include: Your Vortex, and the Law of Attraction: Learning to Attract Joyous Co-creators Mating, and the Law of Attraction: The Perfect Mate - Getting One, Being One, Attracting One Sexuality, and the Law of Attraction: Sexuality, Sensuality, and the Opinions of Others Parenting, and the Law of Attraction: Creating Positive Parent/Child Relationships in a World of Contrast Self-Appreciation, and the Law of Attraction: Appreciation, the Magical Key to Your Vortex "Our intention here is to give you a more conscious awareness of the potential depth and breadth of the vast network of relationships that, on a practical, day-to-day basis, affect your swirling Vortex of natural Well-Being. At the hub of these teachings of Abraham is a profound concept: the basis of life is freedom; the result of life is expansion—and the purpose of life is joy. In this inspirational relationship book, Abraham focuses the light of their Broader Perspective to reveal a wide array of flawed premises (which most of us are living by) relative to our varied relationships. Esther and I are so pleased to participate in this co-creative adventure with you and with Abraham, and we look forward to the joy that you are about to receive as you play with the processes and perspectives embedded in these teachings. Love ya, Jerry Start using the Vortex to feel good about where you are now and your joyous path ahead!

**abraham hicks guided meditation: Ask and It Is Given** Esther Hicks, Jerry Hicks, 2009-10

This book, which presents the teachings of the nonphysical entity Abraham, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve. You'll come to understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws that govern your time-space-reality and you'll discover powerful processes that will help you go with the positive flow of life.--From publisher description.

**abraham hicks guided meditation:** Ask and it is Given Cards Esther Hicks, 2006 These beautiful cards capture the essence of the life-changing, best-selling book *Ask and It Is Given*. You will experience an enhancing of your personal power, which may, at first, seem illogical or even magical, as the Energy Stream from which these cards have come dovetails with the true essence of your own being.

**abraham hicks guided meditation:** Health, and the Law of Attraction Cards Esther Hicks, 2010

**abraham hicks guided meditation:** Co-creating at Its Best Dr. Wayne W. Dyer, Esther Hicks, 2017-01-31 What happens when you bring together one of the most inspirational spiritual teachers of all time and the Master Sages of the Universe? A magical, insightful, invigorating encounter you will never forget! In this tradepaper edition of the awe-inspiring book based on a live event held in Anaheim, California, Dr. Wayne W. Dyer sits down with Esther Hicks and the wise Collective Consciousness known as Abraham. Wayne asks all the questions he has accumulated from his more than 40 years of teaching others about self-reliance and self-discovery, and Abraham delivers the answers we all need to hear. Topics include: • Parenting, parents, and the continuum of life • Can we reach the state of love that has no opposite? • Dharma, destiny, and being on your path • Dealing with bad news • Are there ascended masters and guides? • Monsanto and GMOs • and many more! While Wayne and Esther have been friends for years, this is the first time that he engages with Abraham in an extended dialogue about life's many lessons and perplexing questions. Read this book and experience this extraordinary meeting of the minds for yourself!

**abraham hicks guided meditation:** *The Law of Attraction* Esther Hicks, Jerry Hicks, 2006-10-01 THE ESSENTIAL TEACHINGS OF ABRAHAM THAT INSPIRED MILLIONS - FROM #1 NEW YORK TIMES BEST-SELLING AUTHORS OF THE INTERNATIONAL SENSATION, ASK AND IT IS GIVEN A POWERFUL PERSONAL TRANSFORMATION BOOK THAT EXPLAINS HOW TO USE THE LAW OF ATTRACTION TO MANIFEST YOUR DREAM LIFE Within these pages, you'll learn how to be happier, and how all things, wanted and unwanted, are brought to you by this most powerful law of the universe, the Law of Attraction. (That which is like unto itself is drawn). You've most likely heard the saying Birds of a feather flock together, aka the Law of Attraction. This has been alluded to by some of the greatest teachers in history, it has never before been explained in as clear and easy to understand terms as in this inspirational law of attraction basics book. Learn here about the omnipresent Laws that govern this Universe and how to make them work to your advantage. The understanding and consciousness shifts that you'll achieve by reading this book will take all the guesswork out of daily living. Sections Include: • Part I - Our Path to the Abraham Experience • The Universal Laws: Defined • Part II - The Law of Attraction • Part III: The Science of Deliberate Creation™ • Part IV: The Art of Allowing • Part V: Segment Intending You'll find many positive quotes for living with more peace and joy like: Rather than trying to monitor your thoughts, we encourage you to simply pay attention to how you are feeling. The greatest gift that you could ever give another is the gift of your expectation of their success. "I know that reading this book will produce a turning point in your life. Here is not only a description of the most important law of the universe (the only one you'll ever need to know about, really), but an easy-to-understand explanation of the mechanics of life. This is breathtaking information." -Neale Donald Walsch, best-selling author of *The Conversations with God* series "Since originally receiving this material, Esther and I have done our best to apply to our own lives what we have learned about these Laws, and the marvelous progression of our joyous lives is astounding. We took Abraham at their word because everything they told us made so much sense to us, but the application of these teachings has now been proven in our day-to-day experience. And it is with extraordinary joy that we can tell you—from our own

personal experience: This works!" – Jerry Hicks These Abraham teachings will help you to joyously be, do, or have anything that you desire with love and gratitude.

**abraham hicks guided meditation: The Astonishing Power of Emotions** Abraham (Spirit), Esther Hicks, Jerry Hicks, 2007 Abraham, channeled through Esther Hicks, explains how to understand emotions and follow the life-affirming guidance that they provide, in a book that discusses how to deal with thirty-three specific situations.

**abraham hicks guided meditation: Super Attractor** Gabrielle Bernstein, 2019-09-24 \*\* NEW YORK TIMES BESTSELLER! \*\* Ready to take the next step toward living in alignment with the Universe? The #1 New York Times best-selling author of *The Universe Has Your Back* shows you how. In *Super Attractor*, Gabrielle Bernstein lays out the essential steps for living in alignment with the Universe--more fully than you've ever done before. I've always known that there is a nonphysical presence beyond my visible sight, Gabby writes. All my life I've intuitively tuned in to it and used it as a source for good. . . . What we call it is irrelevant. Connecting to it is imperative. *Super Attractor* is a manifesto for making that connection and marrying your spiritual life with your day-to-day experience. In these pages, you'll learn to: \* Move beyond dabbling in your practice, when it's convenient, to living a spiritual life all the time \* Take practical steps to create a life filled with purpose, happiness, and freedom \* Feel a sense of awe each day as you witness miracles unfold \* Release the past and live without fear of the future \* Tap into the infinite source of abundance, joy, and well-being that is your birthright \* Bring more light to your own life and the world around you This book is a journey of remembering where your true power lies. You'll learn how to co-create the life you want. You'll accept that life can flow, that attracting is fun, and that you don't have to work so hard to get what you want. Most important, you'll feel good. And when you feel good, you'll give off a presence of joy that can elevate everyone around you. After reading this book, you will know how to fulfill your function: to be a force of love in the world.

**abraham hicks guided meditation: Money, and the Law of Attraction** Esther Hicks, Jerry Hicks, 2008 Offers guidance in using the principles of the law of attraction to attain physical and financial well-being.

**abraham hicks guided meditation: Flowdreaming** Summer McStravick, 2010-07 What if you woke up every day feeling that your life was a work of art-in-progress that took shape hour by hour, culminating in a lifetime of satisfaction and fulfillment? And what if you, the artist of this life, were able to sculpt the events and opportunities in your future not merely through physical action, but by using a far more powerful and subtle type of energy? There is such an energy, and it stirs just below the surface, creating the blueprints for everything that erupts in your physical existence. And you can learn to use it. Creative Flow dreaming reveals a powerful, precise, and beautiful method for manifesting in which you become an artist of living. You'll learn about this world of the manifesting practitioner, who guides the flow of living energies, as Summer McStravick gives you an intimate glimpse into her own pioneering practice. Forget everything you've learned about needing tough "lessons" or "learning experiences." With Creative Flow dreaming, you learn that life is not a ladder to be climbed or a series of obstacles to get through. Life is about long-term financial security, relationships that feed your soul, robust health, and doing something with your time that you find meaningful and enjoyable. Creative Flow dreaming, and the path of the manifesting practitioner, reveals the way to harness the power of Flow - the energy of ease, perfection, and bubbling potential that is forever at your fingertips.

**abraham hicks guided meditation: Power Thoughts** Louise Hay, 2023-06-06 Choose positive affirmations and take the first step to creating a new and fulfilling life with the trusted guidance of Louise Hay. Every thought you think and every word you speak is an affirmation. An affirmation is like planting a seed. You're always in the process of tending to your garden, and if you do so with care, you'll find that each day becomes more joyous than the one before it. This newly repackaged edition of *Power Thoughts* includes 365 daily affirmations, with topics including health, prosperity, friendship, love, forgiveness, self-esteem and many more. 'By reading these affirmation - one a day, several at a time or just by opening the book at random - you're taking the first step toward building

a more rewarding life... I know you can do it!' - Louise Hay

**abraham hicks guided meditation: Ask And It Is Given** Esther Hicks, Jerry Hicks, 2011-06 A sit-down interview with Esther and Jerry Hicks as they relate their story and introduce the Non-Physical group consciousness Abraham.

**abraham hicks guided meditation: Kabbalistic Healing** Jason Shulman, 2004-08-24 Kabbalistic Healing shows how the Kabbalah--the Jewish mystical path--can kindle the central fire in our being so that we can unite with the divine. As we deepen our understanding of ourselves and enhance our ability to hold new states of consciousness, we become able to live in God as a fish lives in water.

**abraham hicks guided meditation: The Moses Code** James F. Twyman, 2010-03 Is it possible that nearly 3,500 years ago, Moses was given the secret for attracting everything you've ever desired? The Moses Code was first used to create some of the greatest miracles in the history of the world, but then it was hidden away, and only the highest initiates were allowed to practice it. In this book, James F. Twyman reveals the Code for the first time, showing how it can be used to create miracles in your life . . . and in the world. By practicing the principles presented within these pages, you'll discover how you can integrate the most powerful manifestation tool in the history of the world into your own life. At the very heart of the Moses Code is the true function and practice of the Law of Attraction. You may have been told that this Law is all about getting the things you want--things that you think will make your life more satisfying. But what if that's just the first step, and cracking the Moses Code depends more on what you're willing to give rather than get. That would mean that you have the power to create miracles in your life right now! It would also mean that you have the ability, even the responsibility, to use that power for more than just attracting money, a better car, or the perfect relationship. You're here to use the power of Divinity itself to create a world based on the laws of compassion and peace. That's the task that lies before us.

**abraham hicks guided meditation: No Self, No Problem** Chris Niebauer, 2019-09-03 While in grad school in the early 1990s, Chris Niebauer began to notice striking parallels between the latest discoveries in psychology, neuroscience, and the teachings of Buddhism, Taoism, and other schools of Eastern thought. When he presented his findings to a professor, his ideas were quickly dismissed as "pure coincidence, nothing more." Fast-forward 20 years later and Niebauer is a PhD and a tenured professor, and the Buddhist-neuroscience connection he found as a student is practically its own genre in the bookstore. But according to Niebauer, we are just beginning to understand the link between Eastern philosophy and the latest findings in psychology and neuroscience and what these assimilated ideas mean for the human experience. In this groundbreaking book, Niebauer writes that the latest research in neuropsychology is now confirming a fundamental tenet of Buddhism, what is called Anatta, or the doctrine of "no self." Niebauer writes that our sense of self, or what we commonly refer to as the ego, is an illusion created entirely by the left side of the brain. Niebauer is quick to point out that this doesn't mean that the self doesn't exist but rather that it does so in the same way that a mirage in the middle of the desert exists, as a thought rather than a thing. His conclusions have significant ramifications for much of modern psychological modalities, which he says are spending much of their time trying to fix something that isn't there. What makes this book unique is that Niebauer offers a series of exercises to allow the reader to experience this truth for him- or herself, as well as additional tools and practices to use after reading the book, all of which are designed to change the way we experience the world—a way that is based on being rather than thinking.

**abraham hicks guided meditation: The Power of Affirmations and Positive Self-Talk** Bob Baker, 2021-04-19 Welcome to a little book that could change your life! When I was in my teens, I suffered from a lack of confidence and self-worth. Like many people, I believed my negative thoughts and feelings were simply who I was. They were coming from my mind. I felt them in my body. They must be real. And that's exactly how most people live their lives: on autopilot, letting their thoughts and emotions run wild, then hanging on for dear life as they try to cope. Can you relate? But you don't have to live that way. Your thoughts are not an accurate reflection of who you truly are. You

can take control of the conversations going on in your own head. And affirmations are the perfect tool to help you do that. Using the power of positive self-talk, you will no longer be a victim of negative thinking. You will be in the driver's seat of your mind - and your life! So, get ready to live a happier, more fulfilling life!

**abraham hicks guided meditation:** *Manifest Your Desires* Esther Hicks, Jerry Hicks, 2008-06-01 Drawing on the Abraham-Hicks teachings, the best-selling authors of *Ask and It Is Given* offer inspiring maxims on harnessing the power of manifestation and the Law of Attraction This information-packed little book, which presents the teachings of the non-physical entity Abraham, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve. Each day, you'll come to understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws that govern your time-space reality—and you'll discover powerful processes that will help you go with the positive flow of life. So start making your dreams a reality . . . right now!

**abraham hicks guided meditation: Therapeutic Exercise** Carolyn Kisner, Lynn Allen Colby, John Borstad, 2022-10-17 The premier text for therapeutic exercise Here is all the guidance you need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique—in-depth discussions of the principles of therapeutic exercise and manual therapy and the most up-to-date exercise and management guidelines.

**abraham hicks guided meditation:** *Ancient Symbols* Aliyah Schick, 2011-09-01 Adult coloring for relaxation, stress reduction, meditation, spiritual connection, prayer, centering, healing, and coming into your deep, true self. Ages 9 to 109. The drawings of *Ancient Symbols: Meditative Coloring Book 3* feature timeless shapes and forms used by every culture on earth to remind us of the sacred. These drawings serve to inspire deeply meaningful, meditative, or prayerful experiences through coloring. Ancient and indigenous sacred images speak deeply to us, to our bones and bellies, to our cellular memory and wisdom, to our souls' yearnings. Native peoples throughout time and place see the sacred in all of life. For them, holiness IS life. Life is the manifestation of the holy in all things. Step out of the busy world and into calm and peace. Focus on an affirmation while you color, or on a wish or a prayer. Ask for understanding or wisdom. Allow expansion into more of what you are meant to be. Or simply color with an attitude of gentle, graceful willingness. This book includes 32 different original drawings, information about ancient symbols, suggestions for how to use this book, a guided meditation, introduction to the artist, and open pages inviting you to record your own impressions. Five Volumes of Meditative Coloring Books: Angels, Crosses, Ancient Symbols, Hearts, and Labyrinths.

**abraham hicks guided meditation: The Attractor Factor** Joe Vitale, 2005-04-29 In *The Attractor Factor*, Joe Vitale combines principles of spiritual self-discovery with proven marketing concepts to show how anyone can live a happy life in and outside of business. He shares his own quest for wealth and success while leading you through the five simple steps that will make all your aspirations, professional and personal, a reality.

**abraham hicks guided meditation:** *Manifest Your Desires* Esther Hicks, 2009-12 This information-packed book, which presents the teachings of the Non-Physical entity Abraham, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve. Each day you'll come to understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws that govern your time-space reality - and you'll discover powerful processes that will help you go with the positive flow of life. So start making your dreams a reality ... right now!

**abraham hicks guided meditation:** *Sara, Book 2* Esther Hicks, Jerry Hicks, 2007-10-01 From that opening exclamation, this second Sara novel rampages through chapter after chapter of fun and adventure. Solomon (the owl from the first book who speaks without moving his lips) reappears and gives Sara and her classmate Seth a fresh and enlightening perspective on life on this planet. Simply put, these two adventurous, tree-climbing friends dialogue with their ethereal feathered mentor regarding their varied (and sometimes confusing) experiences with parents, teachers, other

students, neighbors, and property owners. The clarity, understanding, and wisdom that Solomon gives them results in some surprisingly practical views on the rules of the game of life. This is a must-read book for young people of all ages!

**abraham hicks guided meditation: Infinite Possibilities (10th Anniversary)** Mike Dooley, 2019-10-08 The New York Times bestselling author, teacher, and speaker provides the next step beyond his immensely popular Notes from the Universe trilogy with this special 10th anniversary edition of the modern classic that contains even more enriching wisdom for living an abundant, joyous life. We create our own reality, our own fate, and our own luck. We are all filled with infinite possibilities, and it's time to explore how powerful we truly are. With clear-eyed and masterful prose, Infinite Possibilities effortlessly reveals our true spiritual nature and exactly what it takes to find true happiness and fulfillment. Witty and intelligent, this is "the perfect book at the perfect time. It is full of wisdom, answers, and guidance—a unique combination that is guaranteed to help anyone during times of change and transition" (Ariane de Bonvoisin, bestselling author of The First 30 Days). This tenth anniversary edition features a new foreword by Bob Proctor and a new introduction from the author.

**abraham hicks guided meditation: Awaken Your Potency** Kimberly Beekman, 2017-01-15 It's not often that you get the opportunity to read a single book that synthesizes spiritual information into a usable, practical, transformational guide to completely shift your life and awaken your potency. This book will help you radically awaken into the truth of who you are so you can stop circling the hamster wheel of your limiting mind. You will begin to: Implement Law of Attraction on a day-to-day basis to manifest the miracles that await you; Un-learn the specific thought patterns that get in the way of your intentions and manifestations; Navigate the waves of emotion that seem to take over your life and derail your growth and purpose; Release the deep patterns of limitation that were wired in when you were a child; Learn about your unique Ayurveda constitution so you can finally let go of self-judgement and work with your body, mind and energetics; Make a juicy and potent life for yourself with your new self-acceptance and Law of Attraction skills. Start the journey back to yourself NOW! Here's what folks are saying about Awaken Your Potency: Even after two decades of working a spiritual recovery program, I was catapulted into a higher vibratory version of myself due to using Kim's teachings in this book. I'm living a life with more peace, purpose, and joy. Sandra K. Kim Beekman's teachings have guided me down a journey I would have otherwise thought impossible...not just toward successes, but to new paths and new understandings about what it means to create. Michael N. This book will give you the courage and support you need to open your heart and your mind to endless possibilities! Lynn M. This is the how-to manual to implement all you have learned from Abraham Hicks, The Secret, Eckhart Tolle, New Age spirituality, and ancient Yoga teachings.

**abraham hicks guided meditation: The Healing Waterfall** Max Highstein, 2017-01-05 Bestselling guided imagery author Max Highstein offers 100 of his best scripts for counselors, healers, clergy, teachers, psychology students and others. Choose from 100 evocative guided inner journeys that soothe, inspire, and delight. Topics include: - Finding Peace and Calm- Healing and the Mind-Body Connection- Improving Sleep- Emotional Wellbeing and Happiness- Visualization for Success- Learning to Meditate- Higher Guidance and Insight- Connecting with Spiritual Figures- Kids and Family- 12-Step Programs

**abraham hicks guided meditation: The Circle of Fire** Don Miguel Ruiz, Janet Mills, 2013-08-09 In The Circle of Fire (formerly published as Prayers: A Communion With Our Creator) Ruiz inspires us to enter into a new and loving relationship with ourselves, with our fellow humans, and with all of creation. Through a selection of beautiful essays, prayers, and guided meditations, Ruiz prepares our minds for a new way of seeing life, and opens our hearts to find our way back to our birthright: heaven on earth. The result is a life lived in joy, harmony, and contentment. In my teachings, The Circle of Fire ceremony celebrates the most important day of our lives: the day when we merge with the fire of our spirit, and return to our own divinity. This is the day when we recover the awareness of what we really are, and make the choice to live in communion with that force of

creation we call Life or God. From that day forward, we live with unconditional love in our hearts for ourselves, for life, for everything in creation. This book, first published in 2001 as *Prayers: A Communion with Our Creator*, will remind you of what you really are. It has always been my favorite book, and now in honor of my favorite prayer, it has been appropriately renamed *The Circle of Fire*.  
-- don Miguel Ruiz

**abraham hicks guided meditation:** *Sara, Book 1* Esther Hicks, Jerry Hicks, 2007-04-01 From the New York Times bestselling authors Esther and Jerry Hicks, *Sara, Book 1* explores Law of Attraction in a new way. *Sara* is for any child, adult, or teen pursuing joy and meaning . . . and searching for answers about life, death, and the desires of the heart. It's filled with techniques and processes for making one's dreams come true . . . especially yours! *The Foreverness of Friends of a Feather* both entertains and informs as it flows to you - as per your state of attraction - through the Universal thought translation process of Esther and her word processor. Streams of impeccable wisdom and unconditional love - gently taught by Sara's very entertaining feathered mentor - blend with the currents of Sara's enlightening experiences with her family, peers, neighbors, and teachers to lift you to a new awareness of your natural state of well-being, and of your knowing that all is really well.

**abraham hicks guided meditation:** *A New Beginning II* Abraham (Spirit), Jerry Hicks, Esther Hicks, 1994

**abraham hicks guided meditation:** *Slow Living* Helena Woods, 2023-04-11 Make *Slow Living* Part of Your Everyday! "Slow Living is a work of art...I observed a sense of calm within myself as I read its pages and appreciated the beautiful pictures." —Andrea Henkels, author of *Herman Heals His Heart* Living peacefully is within reach if you slow down your life. With *Slow Living*, you too can embrace simple living and mindfulness for peace-induced days! Looking for peace and happiness? Book a personal reading hour with *Slow Living*, your guide on how to slow down your life and live peacefully. Helena Woods, author and creator of popular YouTube channel Simple Joys, reveals the wisdom she has learned by moving abroad from the US and living a slower life in France. With beautiful prose and original photography, she provides inspiration and guidance to create a simple living environment wherever you are. *Slow Living* is for anyone looking to simplify life. Personal growth books for women tend to leave out men and children, but this book was intentionally crafted with everyone in mind! If you're looking for how to improve yourself and how to get into simple living, then this is the guide for you! For many, a slow European lifestyle seems out of reach, but with the direction in this book, readers are able to craft this lifestyle for themselves anywhere, anytime. Inside, you'll find: Ways to value quiet moments, which bring simple joys to your life How slow living takes root when less becomes more in your home A guide on how to simplify your everyday life for mental clarity How to create routines that enrich your mind and feed your soul If you like books for homebodies or if you enjoyed *Slow*, *Essentialism*, or *Simple Pleasures*, you'll love *Slow Living*.

**abraham hicks guided meditation:** *Angel Prayers* Kyle Gray, 2018-11-20 LEARN FROM KYLE GRAY - WORLD-RENOWNED ANGEL EXPERT AND BESTSELLING AUTHOR OF *RAISE YOUR VIBRATION*, *POWERFUL PRAYERS FOR ATTRACTING MIRACLES, HAPPINESS, AND PEACE* DISCOVER HOW TO CALL ON ANGELS AND ARCHANGELS WHO WILL SUPPORT YOU AND KNOW EXACTLY WHAT YOU NEED Kyle Gray changes lives! - The Sun Newspaper If you ever feel that your prayers are going unanswered, Kyle Gray is here to change this for good. In this expanded edition of *Angel Prayers*, Kyle reveals how to use affirmative prayer to bring about positive change in your life. ANGEL PRAYERS SECTIONS INCLUDE: · PART I: The Miracle of Prayer - The Power of Prayer and Angel Prayer Techniques · PART II: Directory of Angels and Angelic Beings · PART III: Directory of Prayers Receive Loving Guidance to Build Your Faith and Intuition Like: · The power of prayer, demonstrated by true stories from Kyle's clients and his own personal experiences · The spiritual laws at play in the world and how your words and intentions affect your life · The Angelic Hierarchy, including the 15 major Archangels and other angelic beings who support you on your journey · Invocations and prayers to call specific Angels and Archangels, including lesser known

Angels such as Faith, Hope and Charity As well as introducing you to angelic beings you might not have heard of before, Kyle also shares powerful prayers to support you through all life events. Your angel loves you beyond your human comprehension. You are their purpose and they are dedicated to your wellbeing on all levels. "They see you as a perfect, innocent child of the universe and they will do everything within their power to guide you on your way. "Your guardian angel is with you right this second, waiting for your invitation to help you in all areas of your life. "As you apply the angel prayers technique to your daily practice and acknowledge the angelic presence in your life, I know miracles will begin to take place. "My prayer is that you will begin to feel the love your angel has for you and experience the miraculous shifts you deserve to experience. Allow angels to support you on your amazing journey." With love, Kyle Gray Get ready to open up to the beautiful world of angel prayers - and to see amazing results!

**abraham hicks guided meditation: The Teachings of Abraham** Esther Hicks, Jerry Hicks, 2008-04-01 This 10-hour, 5-DVD album is the most in-depth and comprehensive video presentation ever on the teachings of the Non-Physical Intelligence known as Abraham. Facilitated by Esther Hicks in collaboration with her husband, Jerry, Abraham leads workshop participants on a Voyage of Discovery during a 2005 Alaskan cruise. These DVDs comprise 11 workshop sessions and two bonus segments. It's the ideal program for study, sharing, and group discussion!

**abraham hicks guided meditation: The Most Direct and Rapid Means to Eternal Bliss** Michael Langford, 2007-08-01

**abraham hicks guided meditation: Jerry and Esther Hicks' Spiritual Money Tree** David Stone, 2015-02-12 A one time admirer looks back with a skeptical eye on the claims and teachings of Abraham-Hicks. How do they stand up in a cooler light outside the high intensity workshops and slick YouTube videos? Do the teachings make sense? Why does the organization continue to pretend Jerry Hicks is alive, more than three years after his death?

**abraham hicks guided meditation: The Beauty Guide** Libby Weaver, 2018

**abraham hicks guided meditation: Be Happily Married** Abby Medcalf, 2018-12-21 ARE YOU READY TO? Feel Closer and More Connected to Your Partner? Stop Having the Same Argument Over and Over? Be Happier and Finally Make Changes that Stick? It's not too late. You can reclaim your relationship AND your happiness. You just need to have the right tools to finally make it happen. Over the last 30 years I've helped thousands of people like you create connection and happiness in their relationships. Combining my hands-on experience and the latest research, I've created a proven system to transform any relationship into a connected, communication machine. My goal is, above all, to provide practical, usable tools that WORK -- not unproven ideas or pie-in-the-sky theories that sound good but do little to help you in your day-to-day life. You can create the relationship of your dreams, even if your partner won't do a thing! In this book, you'll learn: The secret to why your past attempts at change haven't lasted. Effective tools to get your relationship unstuck, quickly and easily. How small, simple steps can get you BIG results, no matter how long you've struggled. The keys to creating a happy and connected relationship. The level of happiness in your life is DIRECTLY related to the level of happiness in your relationship. This is the last relationship book you'll ever have to read because I'll show you exactly how to get there.

**abraham hicks guided meditation: The Alchemy of Healing** Farnaz Afshar, 2013-07-29 We all know how frustrating it can be to do everything you're supposed to do and yet see nothing change for the better. This can happen in all areas of our lives, but it is perhaps most trying when it comes to our health. Author Farnaz Afshar knew such frustration. Suffering from a range of physical ailments, she became sicker and sicker and was unable to recover using conventional medicine. *The Alchemy of Healing: The Healer Was Always You* tells of Afshar's discovery of her self-healing power, documenting her journey from illness to well-being. She shares her own story of healing and offers a collection of thoughts and life lessons to help others experiencing illness. She has come to the conclusion that the cause of every illness is the same, making it possible for anyone to achieve relief from any illness by applying the same Law of Attraction principles she learnt. Each chapter guides you through your own path to recovery from whatever illness you have. You can discover your inner

strength and self-healing capabilities. The health you desire is in your hands. You, and only you, can really heal yourself!

**abraham hicks guided meditation: Now Is Your Chance** Niyc Pidgeon, 2022-06-21

Happiness is the ultimate goal for so many of us, but why does it often feel like a destination that's completely unreachable? Everybody wants a better life, yet for so long we have been looking in all the wrong places and directing our focus outwards for solutions that can only be found on the inside. In *Now Is Your Chance*, Niyc Pidgeon offers the missing piece of the puzzle to help you stop chasing your joy and finally start feeling it! Grounded in Niyc's training as a Positive Psychologist and her many years of coaching experience, *Now Is Your Chance* offers a 30-day guide to creating powerful, purposeful and meaningful change. It does not require any external resources - there's nothing new to buy, sign up for or schedule, and no other person to call on. You already have everything you need to start and succeed. Inspiring, motivating and practical, this programme shows you how to create a life filled with authentic and lasting joy. With this book, you have no excuse to put off your happiness until tomorrow - *Now Is Your Chance*.

**abraham hicks guided meditation: It Happened on Munger Street** Victoria Hartland, 2015-07-07 It's said that people come into and out of our lives for a reason it seems, right when we need them the most. How does this happen? Who sends them? In 2011, author Victoria Hartland was blessed when a stranger came into her life. In *It Happened on Munger Street*, she shares how a chance meeting with Samuel changed the course of her life. When author Victoria Hartland experienced a painful divorce in 2002, she struggled financially and emotionally for several years. She did her best to get through each day and to help her two children cope during this stressful time. Hartland narrates how she met Samuel by chance on an online dating site, and with a leap of faith, she gathered the courage to write to him in 2011. Though they were total strangers, he wrote back a few days later, and the two began an online conversation that lasted more than three years. She tells how Samuel led her down a new spirituality path and urged her toward forgiveness and freedom. *It Happened on Munger Street* tells the inspirational, spiritual journey of a single mother and how she learned to begin again after a difficult divorce. Hartland offers personal testimony that miracles can and do happen.

## **Additional Resources**

### **The Life of Abraham - Bible Study**

Finally, Abraham's faith is tested when God commands him to sacrifice his only son Isaac. In our next lesson, we will learn about the life of the person God used to deliver his people out of ...

### **Life of Abraham Timeline - Bible Study**

Abraham journeys to Gerar and, once again, has Sarah lie about their relationship. The patriarch, although once again caught in a deception, is saved by God's intervention and allowed to live ...

### Abraham's Family Tree Chart - Bible Study

Abraham was originally named Abram (Genesis 17:1-5). He left his home in Ur of the Chaldees to live in Haran, but soon moved from there to live in the land of Canaan. Sarah, whose ...

### *Abraham's Journey to Promised Land Map - Bible Study*

Birth and Early Life of Abraham. Abram (Abraham) is born in 1960 B.C. to a 130 year old man named Terah living in Ur of the Chaldees. He is the third son in a family composed of older ...

### Abraham's Lineage to Jesus Chart - Bible Study

It was Abraham who named the city of Beersheba (Genesis 21:31). Jacob renamed

the city of Luz to Bethel (Genesis 28:19). He also renamed the place where he and Laban agreed to ...

*Why Did Abraham Try to Save Sodom? - Bible Study*

And he (Abraham) said, "Oh do not let the Lord be angry, and I will speak only once more. Perhaps only ten shall be found there." And He said, "I will not destroy it for ten's sake" ...

### **Genealogy of Shem to Abraham - Bible Study**

The genealogy from Shem to Abraham is the fifth found in the Bible. Preceding it are the lineages of Cain (Genesis 4), Seth (Genesis 5), Japheth and Ham (Genesis 10). For the eleven post ...

*Where Did Abraham Live? - Bible Study*

The city of Ur, where Abraham first lived, is one of the first places on earth where humans established a settlement. Modern archeological dating of the city to around 3,800 B.C. means ...

### **Age at Which Isaac Was to Be Sacrificed - Bible Study**

An ancient tradition of Jewish Rabbis states that the assumed death of Abraham's son caused his mother Sarah to perish (1906 Jewish Encyclopedia). They believe (without Biblical support) ...

Why Did God Want Isaac Sacrificed? - Bible Study

Abraham had the faith to sacrifice Isaac, if needed, because he understood that God had the power to resurrect him from the dead (Hebrews 11:19). All the great blessings that would befall ...

## **Abraham Hicks Guided Meditation**

Abraham Hicks Guided Meditation

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